



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, July 9th - 11:00-11:45 am

Toll-free call in number: 1-800-391-9177

Conference Code: 450 521 2393#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- Welcome New Champions!
- Leadership Development Series
 - *With Special Guest Jack Bastable*
 - Recap: Leadership Conversations
- Rx Savings
 - *With Special Guests Heather Epps & Kristen Willey*
- Quit for Life Anniversary Promotion – Enroll & Get a FREE Book!
- July EAP Webinar(s)
- July HQ Seminar

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

3



**How to impact the culture
of your agency or department
and gain support from managers and supervisors**



What did you learn from the conversations you had with influencers or any co-workers within your department or agency?



Suggested Questions for Conversation

1. What would you say are the 3 primary objectives for this agency/department?
2. What is your understanding of HealthQuest?
3. What are the 3 things you would suggest that would contribute most to the personal wellness of the people in this agency/department?
4. What are some of the things you like to do for your personal wellness?



How many people can one person influence?

**Sociologists estimate 10,000 people over the course
of ones' life**

How would people describe you?

How would they rate your wellbeing?

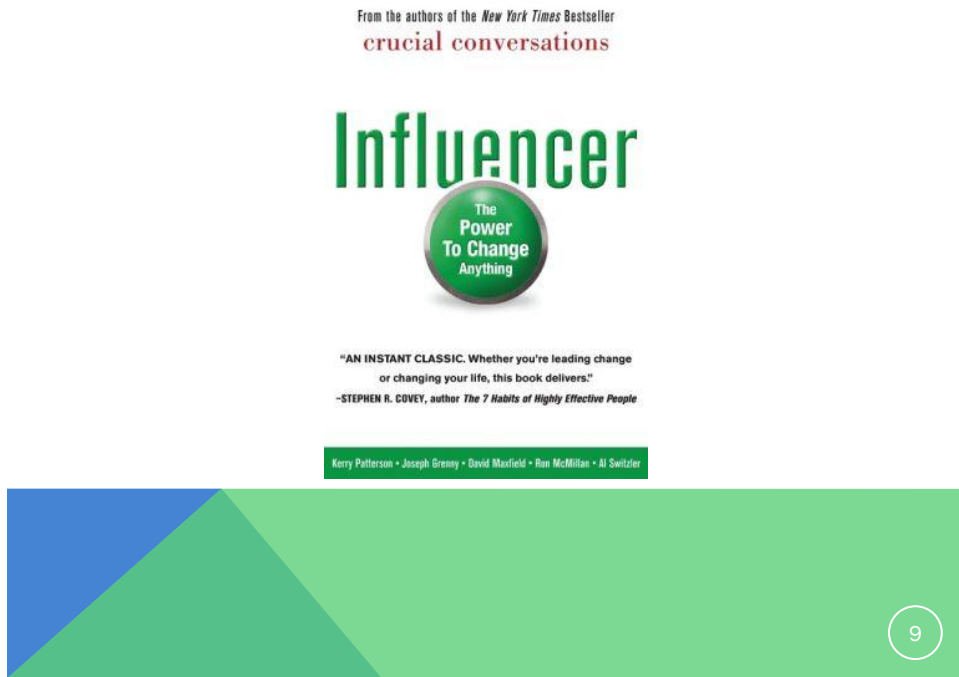


**“The real influencers of
an organization are the
network nodes:
the people who most
often intersect with the
most people.”**

MARGARET HEFFERNAN

📖 BEYOND MEASURE

TEDBooks



Resources

Become a person of influence

<http://blog.iqmatrix.com/a-person-of-influence>

Ingredients that make some Teams Better

<http://ideas.ted.com/the-secret-ingredient-that-makes-some-teams-better-than-others/>

Book Influencers: The Power to Change Anything

<http://gulyani.com/book-review-notes-on-influencer-the-power-to-change-anything-by-kerry-patterson-joseph-grenny-david-maxfield-ron-mcmillan-al-switzler/>





WHO WE ARE



We Are:

- A **Proactive Clinical Engagement Tool** for You
- Making Pharmacy Simple and Easy for You to Understand
- Driving Participation by communicating with You on Your terms
(text, email, and phone)



HOW IT WORKS



REGISTER YOUR ACCOUNT

At account registration, you may search your current medications for savings opportunities or our system receives your pharmacy claims and begins to proactively analyze your data automatically



LET US DO THE WORK

Our patented software analyzes all of the possible clinical and financial ways for you to save money and builds a list of opportunities for you to review



RECEIVE ALERT & SAVE

We notify employees of savings via text or email. Simply log into your account and review all available ways to save on your prescription medications.

WHAT WE DO



Our patented software looks for thousands of clinical recommendations, analyzes your best financial therapy, and directly notifies you of savings opportunities.

Clinical Savings

- Therapeutic Alternatives
- Combination Splits
- Generic Substitutions
- Generic Clones
- Tablet Splitting
- Dosage Form Changes

Financial Savings

- Market Competition
- Manufacturer Copay Assistance



EMPLOYEE EXAMPLES



duloxetine
(generic
Cymbalta®)

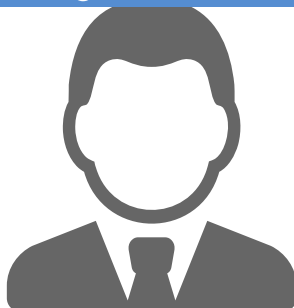
Employee
paying
\$486/mo

- 90-day supply
- better pricing

Employee now
paying \$70/mo

Savings

\$416/mo



ibandronate
(generic
Boniva®)

Employee
paying
\$117/mo

- alendronate
70mg (generic
Fosamax®)
- 90-day supply

Employee now
paying \$5/mo

Savings

\$112/mo



15

REGISTER – EARN CREDITS



To Register, Go To –

<https://www.rxsavingsolutions.com>

Register Today, and earn 3 HealthQuest Credits!

(please allow up to 3 weeks for credits to be applied to your account)



Rx Savings Solutions

Register Now

Please enter your Last Name, SSN, and Date of Birth.

Last Name

SSN (Last 4 Digits)

Month Day Year

QUESTIONS – HERE FOR YOU



We're always ready and willing to assist.

In fact, our concierge team is available to help Monday through Friday from 7 a.m. to 7 p.m. Central Time



We're proactive – if there's a savings opportunity, we alert you with short emails, text messages, and/or concierge phone calls.



We create personalized options that guide you on savings opportunities relevant for you.

Member Services: 1-800-268-4476

The background of the bottom section is a teal-colored image featuring a close-up of various colored pills (white, yellow, orange, green) scattered across the surface.A large, light gray question mark is positioned on the left side of the bottom section, partially enclosed by a circular arc.The Rx Savings Solutions logo is located in the top right corner of the bottom section.

THANKS.
any questions?


Contact:
Rx Savings Solutions
1-800-268-4476

Quit For Life® Program



Quit For Life® Program

The Quit For Life® Program is celebrating 30 years! We are offering members a free copy of our new Quit Smoking For Life book during our anniversary. Enroll between 6/1 and 7/31 to receive your free copy.



Imagine how good you'll feel when you're free from nicotine addiction.

With the Quit For Life® Program, you can quit for good! Our Quit Coach® staff members provide personalized, one-on-one strategies and support to help you mentally and physically prepare to quit, cope with cravings and avoid triggers that can derail you. For 30 years, we've been helping people just like you break free from their nicotine addiction! We can help you, too.

When you enroll in the Quit For Life® Program between June 1st and July 31st, 2015, you'll receive a free copy of the popular book *Quit Smoking for Life*. We can't think of a better way to celebrate our 30th anniversary than to help you quit for life!

Enroll in the Quit For Life® Program now.
1-888-275-1205 (select option 3)
www.kansashealthquest.com

HURRY! Enroll in the Quit For Life® Program before July 31st to receive your free book.

19

July 2015 EAP Webinar(s)

Tuesday, July 14th, 2015, 11:30 a.m.

From Smoker to Smoke Free

Register at

<https://attendee.gotowebinar.com/register/1049401750929585921>

Tuesday, July 21st, 2015, 11:30 a.m.

Eating Healthy on a Budget

Register at

<https://attendee.gotowebinar.com/register/2302598715989639937>

JULY 2015 SEMINAR

AVAILABLE ON THE PORTAL 7/1/15

Online Seminars



Ready for a change? These fun and engaging seminars can help you learn more about health topics and take steps to live healthier. We release a new seminar on the first of each month.

Current Seminar:



Taking the Stress Out of Relationships

1
Credit

Are there people in your life who are difficult to deal with? Does a certain coworker, friend or relative regularly stress you out? This seminar will help you find healthy, positive ways to deal with stressful relationships. Print out this [handout](#) to help you follow along. <[Transcript](#)>

[Learn More](#) ▼



13684 People

[View Seminar](#)

21

Thank You for Joining Us Today!!

Next Meeting is Thursday, August 13th, 2015

11:00-11:45 am

Secret Question:

Open Questions / Comments



QuotesBlog.net

22